Week of June 25th-30th

Wednesday, June 25th

Chicken Tortilla Soup
Carne Asada with Rice and Beans
Pineapple Coleslaw
Fruit Cocktail

Thursday, June26th

Split Pea Soup
Armenian Chicken and Rice Pilaf
Broccoli and Cauliflower
Pita Bread
Garden Salad
Fresh Grapes

Friday, June 27th

Fish or Pork Chop Barley Pilaf Carrots Ramaine Salad with Mandarin Orange Pumpkin Cake

Saturday, June 28th

Cream of Mushroom Soup Roast Chicken and Brown Rice Mixed Vegetables Broccoli Slaw Fresh Apple

Sunday, June 29th

Sheppard Beef Pot Pie Mashed Potato Topping Spinach and Mushroom Salad Citrus Cup

Monday, June 30th

Pulled BBQ Pork Sandwich Mashed Potatoes Carrots and Corn Garden Salad Cinnamon Apple Sauce

Recipe of the Month!



Healthy Hearty Chicken Salad

8 cups torn greens
1 fresh mango
1 lb. grilled chicken breast
1 cup seedless grapes cut in half
1/2 cup light raspberry
vinaigrette dressing.

Cover platter with greens and top with remaining ingredients. Simple salad to get you through the dog days of Summer.

Community Services and Parks Department

Serving Meals at Three Locations:

• Adult Recreation Center/Central Park Complex

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

Sparr Heights Community Center

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday—Friday

Pacific Park Community Center

501 S Pacific Ave

Glendale Ca 91204

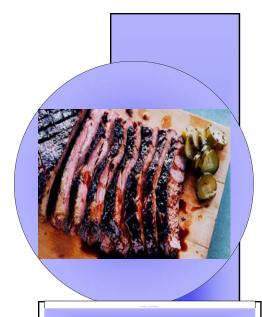
818 548 3775

Lunch Served: Monday, Wednesday & Friday

Please remember to reserve or cancel your meal at least one day in advance.

Menu is subject to change without notice.

Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.



Senior Café

JUNE 2014 MENU



Telephone Reservations or Cancellations call: Adult Recreation Center/Central at (818) 548-3775

Week of June 1st-6th

Sunday June 1st

Swedish Meatballs and Noodles Broccoli and Carrots Romaine Lettuce and Tomato Salad Fresh Grapes

Monday, June 2nd

Lentil & Black Bean Soup Chicken Waldorf Salad Orange Shredded Carrot Gelatin Salad Wedge of Fresh Cantaloupe

Tuesday, June 3rd

Chicken Tortilla Soup Super Grande Burrito Mixed Vegetables Broccoli Slaw Fresh Orange

Wednesday, June 4th

"Birthdays of the Month"
Wedding Soup
Chicken Parmigiana with Spaghetti
Green Beans and Carrots
Pineapple Coleslaw
"Birthday Cake"

Thursday, June 5th

Beef and Broccoli Stir Fry Peas and Onions Marinated Cucumber & Tomato Salad Fresh Grapes

Friday, June 6th

Fish or Egg Puff Steamed Broccoli Fresh Yam Tossed Green Salad Flavored Yogurt

Week of June 7th-12th

Saturday, June 7th

Beef Stew in Vegetables in Stew Spinach and Mandarin Orange Salad Corn Bread Pumpkin Cake

Sunday, June 8th

Tomato Soup
Hot Turkey Sandwich
Mashed Potatoes
Normandy Vegetables
Three Bean Salad
Fresh Banana

Monday, June 9th

Minestrone Soup Beef Lasagna and Garlic Bread Broccoli Green Salad Fresh Orange

Tuesday, June 10th

Butternut Soup Turkey Sub Sandwich & Potato Salad Chinese Cabbage Salad Apple Crisp with Oatmeal Topping

Wednesday, June 11th

Vegetable Soup Luleh Kebab and Basmati Fluffy Rice Creamed Spinach Confetti Coleslaw Lavash Bread Fresh Apple

Thursday, June 12th

"Father's Day Celebration"

BBQ Beef Brisket & Browned Potatoes
Corn on the Cob
Citrus Salad on a Leaf of Lettuce
Chocolate Ice Cream

week of June 13th-18th

Friday, June 13th

Fish or Pork Chop
Baked Sweet Potato
Peas and Carrots
Spinach and Mandarin Orange Salad
Cup Juicy Plums

Saturday, June 14th

Lentil Carrot Soup
Pepper Steak & Noodles
Zucchini and Tomatoes
Broccoli with Raisin Salad
Cantaloupe & Honeydew Medley

Sunday, June 15th

Spinach Quiche Brown Rice Broccoli and Cauliflower Caesar Salad Flavored Yogurt

Monday, June 16th

Vegetable Soup Cobb Salad & Salad Fixings Orange Gelatin with Shredded Carrot Cup Juicy Pears

Tuesday, June 17th

Chicken Noodle Soup
New England Pot Roast
Oven Roasted Red Potatoes
French Cut Green Beans
Citrus Fruit on a Leaf of Lettuce
Brownie

Wednesday, June 18th

BBQ Chicken & Red Beans and Rice Steamed Broccoli Tossed Green Salad Fresh Strawberries

Week of June 19th-24th

Thursday, June 19th

Italian Meatballs with Spaghetti Zucchini and Corn Spinach and Mushroom Salad Cup Juicy Peaches

Friday, June 20th

Cream of Cauliflower Soup
Fish or Chicken Picatta
Barley Pilaf
Baked Winter Squash
Marinated Three Bean Salad
Cantaloupe Wedge

Saturday, June 21st

Tomato Soup Tuna Salad with Salad Fixings Macaroni Salad Confetti Coleslaw Butterscotch Pudding

Sunday, June 22nd

Herb Chicken and Baked Yam Mixed Vegetables Caesar Salad Banana

Monday, June 23rd

Meatloaf with Spanish Sauce Mashed Potatoes & Green Beans Cucumber Tomato Salad Vanilla Ice Cream

Tuesday, June 24th

Vegetable Soup Ortega Chili Quiche & Brown Rice Coin Carrots and Corn Tossed Green Salad Fresh Orange